



Newsletter 4th Quarter 2025

104 Clinical Trials Reveal Best Ways To Prevent Aged Care Falls



A Flinders University-led international review has analysed data from 104 aged care facility clinical trials to reveal the best ways to prevent falls. The trials involved almost 69,000 older people living in care facilities across 25 countries and showed tailored exercise programs, vitamin D supplements and better nutrition to be the proven paths to falls prevention. The study, lead author Dr Suzanne Dyer said, is the most comprehensive of its kind and offers clear guidance for aged care providers, policymakers and families.

"Falls are one of the most common and serious health risks facing older Australians; they can lead to broken bones, hospital stays and a loss of independence," said Dr Dyer, from Flinders Health and Medical Research Institute (FHMRI). "Our findings show that preventing falls isn't about a one-size-fits-all solution but there are some simple, easily deployed and targeted ways to make a real difference in reducing falls," said Dr



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Our Vision

U3A Armadale Inc. is part of an International network which was founded in France in 1973, and now has chapters in many different countries. Our group is part of the U3A Network of WA, which in turn is part of the Australia wide U3A network which started in Melbourne in 1984.

U3A provides opportunities for Seniors to stay both physically and mentally active, and to continue learning during their retirement years. To achieve this goal we provide presentations on a variety of subjects as well as group activities and outings.

Jenni Suen, another author of the review — also from FHMRI.

Approaches tailored to each resident's needs and delivered with strong support from aged care staff were found by the review to be the most effective in preventing falls in residential aged care - with exercise and nutrition being common themes. "One of the most effective strategies was regular, supervised exercise, which reduced falls even in residents with cognitive impairments, like dementia," Suen said. "We found that this type of exercise, especially when done consistently, and in groups or for more than an hour a week, were shown to reduce the number of falls."



The addition of vitamin D supplements has also proved helpful in reducing the overall number of falls, the researchers found - with many older Australians in care having low vitamin D levels, which can affect muscle strength. To strengthen bones with the result being fewer falls and fractures, nutrition was shown to also play a role - with an increase in dairy servings that were high in calcium. "By adding more calcium and protein-rich foods like milk, cheese and yoghurt, aged care homes were able to improve residents' bone health and stability," Dyer said.

Giving each resident an environmental assessment, medication review and an exercise plan based on their individual needs - *cont. page 4*



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Your President, Sheila Shenton

Well, where did this year go?

In August, we welcomed a new committee and streamlined the number of committee members. My sincere thanks go to Phil, our new Vice President, for holding the fort while I was away on an extended holiday. Phil, who is also our resident Technology Guru, has researched and set up a new computer system -TidyHQ - to help us manage finances, emails, membership, assets, meetings, and file storage. This cloud-based program is easy to use and has already made committee work much more efficient.

Tina kindly stepped up as our Treasurer. She brings a wealth of financial experience from her previous career and has worked tirelessly to sort out our Chapter's accounts and enter all the data into TidyHQ.

Marian, a familiar face and former President, is now our Secretary. She keeps us all organised and handles all our correspondence. It's usually Marian you'll hear from when information is sent out about our Chapter.

We're also fortunate that David agreed to continue as Membership Officer. David has done an excellent job tidying up our membership records and bringing fresh ideas to the committee.

Of course, we couldn't manage without Hazel, who encourages us to buy raffle tickets at members' meetings and events such as the Melbourne Cup and Christmas Lunch. The funds raised help subsidise our Christmas Lunch — so please support her efforts. Without them, we might all be paying a little more!

Phillippa, our Speaker Coordinator, has done a wonderful job this year finding interesting speakers for our members' meetings. If you know someone who would make a good speaker, please pass their details to Phillippa — she'll gladly follow up.

You don't need to be on the committee to help our Chapter run smoothly. Our sub-groups rely entirely on volunteers, and without them, we simply wouldn't have the variety of activities we all enjoy.

Judy and Marilyn have been doing a marvellous job with the Education Group — sourcing information and presenters for a wide range of interesting, affordable courses. If you have an idea for a short course, please chat with them. They'll be delighted to help — and perhaps you might even lead a session yourself!

Pat continues to lead the Walking Group and has done so for several years. She always checks the route beforehand to ensure it's safe (no flooding!) and often points out places of interest along the



way.

Veronica organises our cinema outings, usually followed by coffee or lunch — a great chance to chat about the film afterward.

Our Book Club meets on the fourth Friday of each month at Kelmscott Library. Members choose a variety of books to read and discuss throughout the year — always in a friendly and lively atmosphere.

The Coffee/Lunch Group meets on the third Wednesday of the month at local venues. Members seem to prefer staying close to home, but with the long-awaited railway now open to Byford and Perth, we might venture a little further afield soon!

All these groups depend on volunteer support — and they really need it. It can be disheartening when only a few members attend, and without support, some groups may not continue. Remember, it's your Chapter — as the saying goes, "If you don't use it, you may lose it!"

A special thank you goes to Rose and Marie, who keep our morning teas running smoothly at every meeting. Their efforts ensure we all enjoy a delicious cuppa and a friendly chat — the perfect time to meet old friends and welcome new members.

Maureen has done an outstanding job organising our outings this year. Planning trips isn't easy — WA is vast and travel distances limit our choices — but she's found some great destinations. If you know of a place that might make a good day trip, please let her know. We've had three wonderful trips this year, all well attended.

Roy has been busy organising our Christmas Lunch — a one-off task that takes the pressure off the committee and ensures our end-of-year celebration is enjoyable for everyone.

A special mention also goes to Ray, our former President. Ray is an all-rounder — from collecting raffle prizes for our functions to carrying the urns out before coffee break, and putting out (and packing away) chairs before and after meetings. His ongoing support and willingness to help are greatly appreciated.

Finally, thank you to everyone who comes early to help set up chairs and tables — and those who stay behind to pack up. We're always on a tight schedule to vacate the hall, and your help ensures we avoid extra charges from the Armadale Council!

Our membership numbers remain steady, but to keep our Chapter strong, we need plenty of activities to keep us engaged — and to attract new members. The committee always welcomes your ideas: what we're doing well, and what we could do better. Constructive feedback helps us grow and serve you better.

So, on that note, I wish you all a very Merry Christmas and a happy, healthy New Year.

See you all back on Tuesday, 3rd February 2026!

Sheila



Emergency Contact Information and Name Badges



When joining U3A Armadale, members are asked to provide an emergency contact person in case they become unwell during any activity. Each year, we ask members to review and update these details so our records remain current.

U3A Armadale is moving to a new computer system, and all emergency contact details are being transferred. If you wish to update your information, please speak with **David Spicer at the members' meeting, or email him at dsp53599@bigpond.net.au.**

Please remember to wear your name badge at meetings and activities. It helps everyone learn names and allows us to contact your emergency person quickly if needed.

Please ensure your emergency contact's name and mobile number are written clearly on the back of your badge. You may also note any important medical information, though this is optional.

Committee Adopts "TidyHQ" as Customer Relation Manager



At the first meeting of the new Committee we unanimously adopted the use of a Customer Relation Manager (CRM) known as TidyHQ, to help manage our affairs.

TidyHQ replaces all of our old Excel spreadsheets, membership lists, and other paperwork that the Committee has traditionally used.

In its own words it:

Takes the pain out of registration

Member registrations need to be fast, accurate and make sense to everyone. Our memberships are mobile friendly and easy to use for you and your members. We keep track of everyone's details for you with our Contact list, so you can focus on keeping your members happy.

Gives financial visibility

If you are trying to keep your eyes on all the money in your organisation, send out invoices and follow up on who owes you money, check out our Finances package. We let you know what's going on and keep track of things for you automatically.

Keeps your team on the same page

Getting your committee on the same page is always a challenge. Our collaborative inbox,

storage and meetings are designed to keep everyone going in the same direction to help you make decisions and keep the ball rolling.

Grows your community

When you need to run great events and build your brand with merchandise, we make it possible with our online ticketing and shop. Back this up with our simple website builder and you've got your little corner of the internet sorted.

Having used it for over three years with another organisation, it proved to be all that it claimed and has made the day to day running of an organisation much simpler and transparent.

However, I ask that the membership be patient with the Committee as we are all learning the finer points of this package. This means from time to time you may receive an unwanted email or notice that is not relevant, but soon we hope to have everything in place so that you only receive information you require.

Phil Aked (Vice-President)



Preventing Falls from page 1:

delivered with strong staff engagement - was also shown by the review to significantly reduce falls. "As part of our research, we wanted to see what types of programs weren't working as effective in preventing falls," Dyer said. "Programs such as improving medication use (de-prescribing or reviewing prescriptions) and staff training, and changes to care models on their own didn't consistently reduce falls," Dyer added. "We now have strong evidence that some approaches work better than others."

Dyer concluded: "Tailored exercise programs, vitamin D supplements and better nutrition can make a real difference. With the right mix of strategies, it's possible to reduce risks and help older people in care stay safer and more independent."

Cinema Group



The Cinema Group meet at Armadale Cinema on the 2nd Tuesday of each month. The film title and time will be advised in the week before.

If you wish to join the group please contact **Veronica: 0417 755 235**

We Have a New Screen!

After many months, we now have a new projector screen!

Some time ago I proposed to the Committee that we purchase a new retractable screen to be mounted in the hall at the Evelyn Gribble Community Centre.

We approached Armadale City with the proposal to buy and install a new screen, but after a couple of conversations with Councillor Gary Smith, he informed me that the Council were prepared to purchase and install the screen for us at no cost.

Although this was good news, there was no time factor applied to the purchase and installation, which is why I, as well as the membership who attended, were surprised to see it erected when we opened on Tuesday 7th October.

I had hoped it would be placed as far up the wall as possible, but due to the cable length supplied with the unit, it was mounted a little lower than optimum.

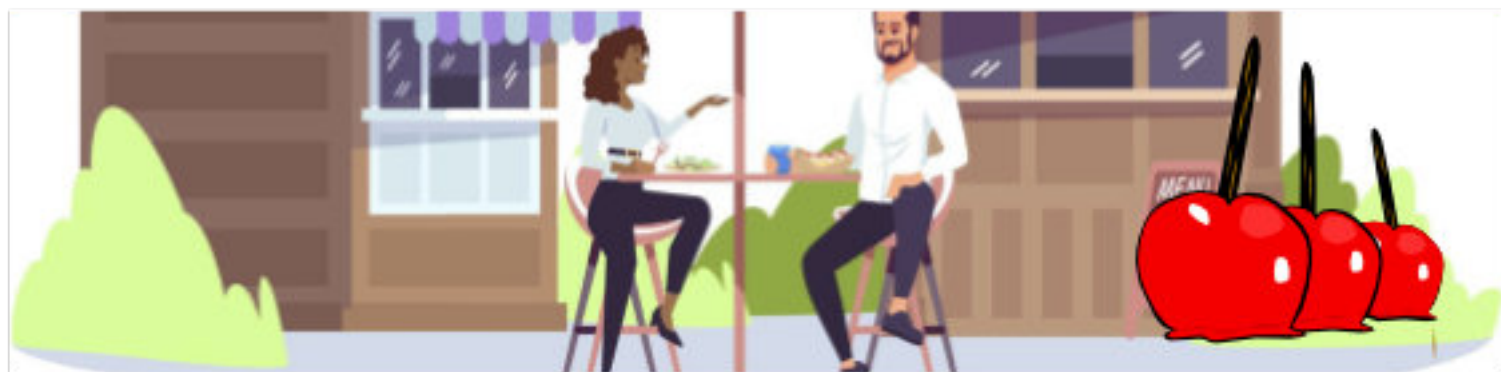
Nomatter! We have a new, proper projector screen mounted on the far wall of the hall, which has allowed us to go back to our previous arrangement of everyone sitting away from the main entrance door. This has the bonus of placing the raffle and education tables by the door, where you pass them on entering. Last session our raffle sales were up 50%!

I hope you like the revised layout and can see the screen with ease, even from the rear of the hall.

It's amazing what pester power can do for you!



Coffee / Lunch Group



The Coffee / Lunch Group meets every third Wednesday of each month, from February to November.
If you would like to join the group please contact:
Sheila: 0439 926 333 or Denise: 0414 779 115 Newcomers always welcome.

Coffee/Lunch Group Reports - June to November



The cafe had a very cosy rustic charm and everyone had a good catchup with several conversations and lots of chatter.

Afterwards, some of us popped next door to the bakery for delicious freshly baked bread and pies to take home.

On Wednesday 18th June, 12 members met at Orchard Espresso in Roleystone for morning coffee. It was a cold rainy morning, but once inside we received a warm welcome by the owner and very friendly staff.

The service was good and we enjoyed the choice of various toasted sandwiches, croissants, eggs Benedict and pancakes. We also had a varied range of great coffees to choose from.



On Wednesday 16th July, 11 members met at Saaj Indian Cuisine in Armadale Shopping centre for a delicious lunch. The service was good and the staff very helpful. There were so many dishes to choose from that some of us needed help with making a choice.

Wednesday 20th August 2025, 8 members enjoyed a coffee





morning at the Little Aura Coffee Co in Kelmscott. The owner went to great lengths to ensure that he provided us with what we requested. The coffee was good and we had a good selection of toasted sandwiches and muffins to choose from.

The atmosphere was a bit bland, but cosy enough to have an intimate conversation. Didn't quite solve the problems of the world but did hear some interesting stories about members' backgrounds.



NOTE: The first coffee morning of 2026 will be held on Wed 18th February at the Church Cafe, Jull Street, Armadale.

Recycling



On Friday 15th August we delivered another large load of recyclables to Boddington.

While there the manager crushed 3 bags of medicine pop packs to show me how much crushed aluminium is then available to be sold on at 70 cents per kilo.

Our recycling project is doing very well and still expanding, with two more groups deciding to collect recyclables for us.

U3A's reputation as environmental protection warriors is spreading.

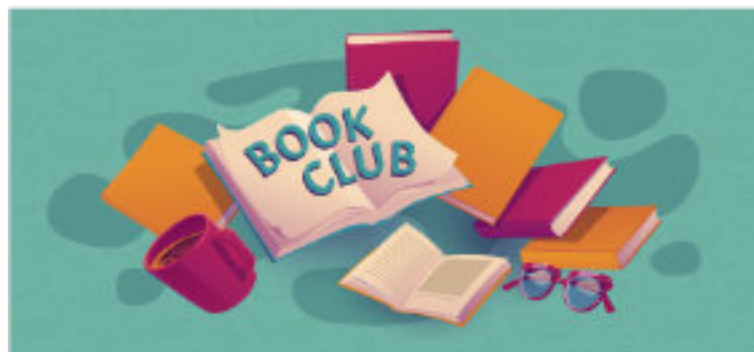
It was becoming quite a big and time-consuming task and I am very grateful to Margaret Collins and Margaret and Ian Harris who have very kindly volunteered to help me by sorting all the Tuesday morning collections.

Well done and keep up the good work.

Denise



Book Club



The Book Club met on the fourth Friday of each month throughout 2024, with an average of 6 -10 members attending each group meeting. Participants met in a friendly, relaxed atmosphere to share their thoughts on the book they've just read, discuss the author, and provide as much detail as they feel comfortable sharing.

New group members are always welcome.

Please contact Sheila: 0439 926 333

U3A Book Club list for 2026



Date	Title	Author
27 th Feb	Wild Dark Shore	Charlotte McConaghy
27 th March	Last One Out: No One Stays Forever	Jane Harper
24 ^h April	The Jam Maker	Mary-Lou Stephens
22 nd May	Home to Biloea	Priya Nadesalingam & Rebekah Holt
26 th June	Daughters of Batavia	Stefanie Koens
24 th July	The Children Act	Ian McEwan
28 th August	The Island of Sea Women	Lisa See
25 th September	The Lost Bookshop	Evie Woods
23 rd October	Matthew Flinder's Cat	Bryce Courtney
27 th November	The Washerwoman's Dream	Hilarie Lindsay

This year members of the Book Club chose Australiana with authors or books with an Australian theme, which made for interesting reading. Not every book went down well, and some members of the group found a few books very challenging. However, that is the fun of Book Clubs, to take us out of our comfort zone and read books we either have never heard about or very different to our normal choice. All books are chosen for the year by members of the Book Club

Our group discuss the book we have just read, and find out about the author. All meetings are held respectful of each other's thoughts. Come along and give us a try, it's great fun! New members welcome.

The Book club meets on the fourth Friday from February to November, at Kelmscott Library, from 1pm to 3pm

Please call **Sheila: 0439 926 333** for further information.



Wickepin, InkiePinkie, and Facey Homestead Trip



30 September 2025

Despite the early start, U3A Members, eager for the day's adventure ahead, boarded our Club 55 coach on time. We were soon barrelling along



Brookton Highway, en route to morning tea at Pingelly. Did anyone else spot the unusual sight of a boat towing a water skier on a small body of water adjacent to Brookton Highway, between Flint and Westdale. No, I had not overdosed on medication, there was actually water skiing, seemingly in the middle of bushland!

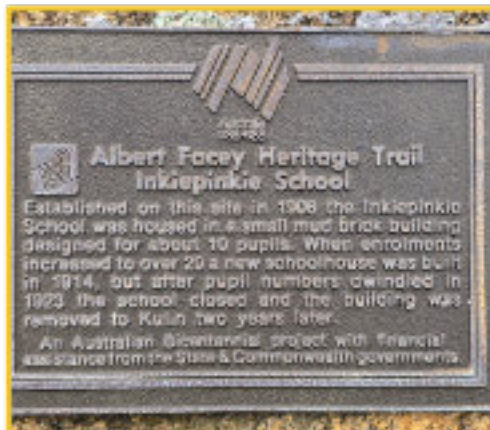


We enjoyed the usual morning tea at Pioneer Park, Pingelly,

then had time for a stroll around "Pinge-culling", meaning "watering place" in Noongar language.

Much of the journey followed the railway line which was instrumental in development of the wheatbelt, allowing transportation of grain all the way to Albany. How wonderful it would be to be able to ride on a passenger train to Albany now. Perhaps one day. We enjoyed the yellow flowers of the fields of canola as we journeyed onwards.

Then an interesting venture took place. Our driver seemed to miss picking up our guide, Linley, and instead we carried on, eventually driving along gravel roads for many kilometres. This was a little unnerving, and it felt possible that this coach load of pensioners might disappear into the Wheatbelt equivalent of the



Bermuda Triangle. I sent a photo of our position to Phil just in case we were never seen again! At this point our lovely driver, Laura, stopped the coach and decided to plot her own route to get us off the gravel and onto bitumen. This was successful, and we soon arrived in Wickepin. From there we were directed to InkiePinkie school site, a school at which Albert Facey was enrolled, but never attended.

Back into Wickepin for a lovely lunch at Wickepin Town Hall.



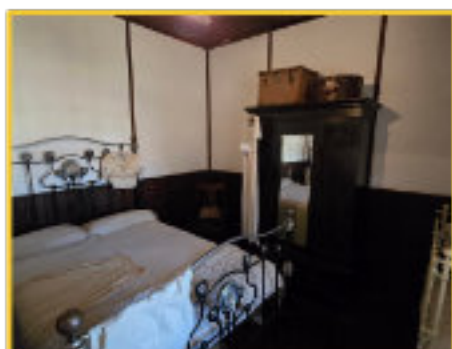
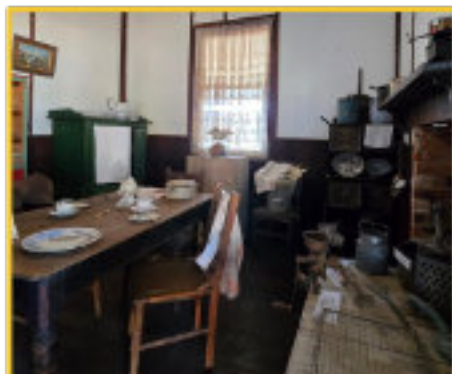
Time was allotted to view historical photographs, and the War Memorial, where Albert



Facey and his brothers' names can be found. Following this,



we returned to the town centre where Albert Facey's homestead had been relocated. A local guide talked about the history of the area, and then we had free time to tour the four-roomed house, which was furnished as it



E. M. N^o 5847

Western Australia

 Registrar General's Office,
 Perth 28 JUL 1965

EXTRACT FROM MARRIAGE ENTRY

Registration No. 63/16

Parties Married { Albert Barnett Facey Aged 21 y
Evelyn Mary Gibson Aged 19 y

Date of Marriage Twenty First August nineteen hundred and Sixteen

Place of Marriage South Bunbury

I certify that the registration stated above records, at this date, the above particulars.

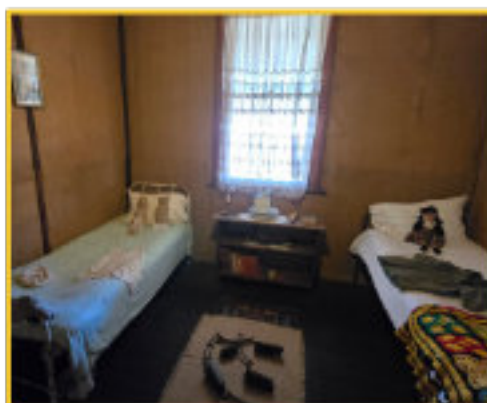
FEE PAID 3/-

Issued	☒
Written	☒
Checked	☒

E. J. BROWNFIELD
Registrar General



Note:—Any alteration of the substance of this Extract will render the document valueless. Any person attempting an alteration is liable to proceed



would have been when the Facey family resided there. In the free time that followed, we were able to enjoy a walking trail that took in sculptures, the "She Shed He Shed" seat, Tool Museum, and a photo display in the restored railway station. We then returned to the coach for a guided tour of the town, taking in not one, but two gnome villages.

We then set off for home, returning via Albany Highway, with a stop at Williams WoolShed. Unfortunately it was closed, but the drive-through window servery was open to supply drinks and snacks.

A wonderful trip. Many thanks Maureen for this U3A learning adventure.

Nissa Aked

Interesting Connections Between Our Trip to Wickepin and Kelmscott/Armadale

Did you know that A.B. Facey's youngest son Joseph, his son and grandson played cricket in the 80 and 90's for Armadale Club?

As told by Annabelle the clubs secretary, Joseph was a larakin of the highest order. A smoker who rolled his own and would have a ready supply 'alight' at each end of the wicket to keep him going.

He was a prospector who worked for Coral Bay, lawn mowing.

He loved a drink and when sober danced with our member around Armadale Shopping Center much to her mothers horror!

Heather, one of the volunteers at Facey Homestead moved from Armadale Wickepin 18 months ago for a different life style. I never got to ask how different it was, but from her look is really enjoying the change.

Maureen Pease (Trip Organiser)

Suggested Bus Trips for 2026

March 31st 2026

The Hive at Little Eden Farm

Cost: \$95

Includes Morning Tea at Granville Park Gin Gin. Travel to Little Eden Farm a hidden gem in Perth picturesque countryside (no further details at this time) 2 Course Lunch at The Hive. Walk among many species of feathered friends after an enlightening talk about bees.. Free honey tasting, then Honey and other products for sale at farm shop, Home 3.30pm



June 30th 2026

Hotham Valley Etmilyn Train

Cost: \$95 + cost of lunch

Morning Tea at Dwellingup before boarding train, Travel 8km eastward to Etmilyn. Free time to walk the 25minute Forest Walk Back in Dwellingup time to purchase lunch Or lunch arranged at Jetty's in South Yunderup. Then stop for strawberries before home at 4pm



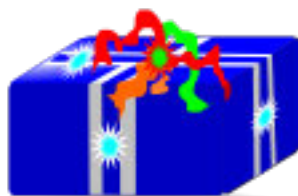
September 29th 2026

Peel Manor House

Cost: \$110

Travel south to Wells Park site of Kwinana wreck for morning tea then travel along coast to Catalpa Memorial site of largest escape from Fremantle Prison, continuing along coast we visit Point Peron and view the new outlook of Shoalwater and Safety Bay. Time now to make our way to Peel Manor House Georgian Mansion for lunch. On way home if time permits we visit Peel Estate Wines for some wine tasting.

Comment and suggestions please to:
Maureen Pease (Trip Organiser)



Study Group of Birds of Prey of Western Australia

The Birds of Prey Research Study Course, which was held each Monday during September was enjoyed by 12 members. To say that those attending the course really enjoyed it is an understatement! It culminated with a visit from the WA Birds of Prey Centre with a brilliant presentation by Nigel.

Below Nigel is seen on the last day of the course introducing the members to a Wedge Tailed Eagle, a Barn Owl, a Whistling Kite, a Tawny Frogmouth and a Boobook.



Possible educational courses for 2026:

1. History/Appreciation of Art
2. Practical Art Classes eg. Painting/Sketching
3. Local History of Armadale/Kelmscott and areas
4. Literature- Life and Works of Banjo Patterson
5. Writing for Pleasure
6. Introduction to Astronomy
7. Photography with a Mobile Phone
8. A journey around the World - sharing travels
9. Food for Thought- food and culture from Ancients to globalisation
10. Exploring aquatic environments
11. Australian Bushrangers
12. Look into the Future - discussion group
13. Great Australian Explorers
14. Where Do They Come From? - inventions, concepts, discoveries
15. Australian folklore - ballads, tall stories, poems

More ideas but would need Facilitators/ expertise:

- Gardening for Wildlife/ Changing Climate
- Geology of the Armadale Area
- Weather and climate
- Wildflowers of Western Australia
- Architecture- Characteristics of different styles

If you have any suggestions please contact Judy: 0438 656 153 / hshome132@gmail.com

Marilyn: chrisnmarily@bigpond.com





Meet Graham & Margaret Nielsen

A Life of Service, Faith & Family

Graham and Margaret Nielsen are a much-loved couple within our U3A community, and their life together has been one of dedication, adventure, and service.

Graham was born in Subiaco and attended Christ Church Grammar School at Claremont, where his father was a teacher. Margaret, originally from Queensland, trained as a teacher and began her career with a remarkable posting to one of the islands off the Northern Territory coast. While there, she formed a school choir and even took it to Darwin for a competition, which the choir won. It was quite an adventure for the children, who found the boat trip and the experience of city life both exciting and a little frightening!

Graham and Margaret were newly married when they were posted to Royal Australian Airforce (RAAF) Butterworth in Malaysia. While Graham was serving in the RAAF Margaret continued her teaching. After leaving the RAAF Graham worked for NASA. He was sent to the American Space Station located north of Carnarvon. He recalls finding those first few weeks quite a challenge—understanding the American accent and technical jargon proved a learning curve of its own!

Over the years, Graham and Margaret raised four children and now proudly speak of their eight grandchildren. They share a love of travel and, for several years, took part in home and car swaps, enabling them to see the world in an affordable and adventurous way.

Faith has always been central to their lives. For many years, Graham served in a leadership role at the Uniting Church in Armadale, as a commissioned lay minister and in organising visiting ministers, while Margaret faithfully supported him at the piano and with the myriad other tasks essential to the life of the church. Along with Helen Treloar (former member of U3A) and June Castledine, she also played for Sunday services at their church in Lowanna Way.

Margaret served as chaplain at the Juniper Sarah Hardey Nursing Home in Kelmscott, bringing comfort, companionship, and faith to many residents, with Graham working alongside.

Family remains at the heart of who they are. Margaret treasures a beautifully crocheted bedspread made by her mother—a reminder of the love and family connections that have shaped her life.

In recent years, Margaret has faced significant hearing challenges and has had a cochlear implant fitted, which has greatly improved her quality of life.

Graham and Margaret's story is one of service, love, and quiet strength—a couple whose contributions to community, church, and family have left a lasting mark. Both Graham and Margaret have been active in the Armadale Chapter of U3A, with Graham being past President and Secretary and both joining in the various activities. They have now made their home at Hayloft in Gosnells, where they are enjoying life being pampered and meeting new friends; but they never forget their old one and always have an open door to visitors.



Kitchen Roster 2026



Date	Kitchen Helper	Plate Providers
3 February	Maureen Mortimer	Nissa Aked, Teresa Cameron, Phillipa Bennett, Lyn Cornell.
17 February	Marianne Williman	Dene Choyce, Tina Betts, Cliff Cammock, Judy Damon.
3 March	Roberta Sherrard	Sandra Dennett, Carolyn Crawshaw, Patsy Eastough, Pam Craffey.
17 March	Trish Smith	Pat Emmitt, Helen Frischmuth, Anne Griffiths, Beverley Glass.
7 April	Marion Shoppee	Roy Hamilton, Margaret Hall, Marilyn Harris, Margaret Harris.
21 April	Annika Van der Hayden	Terry Holton, Mary Marsh, Lexie Johansen, Geoff McKebery.
5 May	Jenny Frayne	Joy Murphy, Pauline Oldfield, Sally Pannell, Judy Marston.
2 June	Sharon Cammock	Moirra Mullins, Maureen Pease, Maureen Mortimer, Warwick Powell.
16 June	Sally Fareso	Robert Smith, David Spicer, Sheila Shenton, Ray Webb.

If you are unable to attend or provide a plate, please contact Rose: 0427 087 436 as soon as possible so that a replacement provider can be found.

Thank you.



Correct as of 19th November 2025

Recreational Ramblers



U3A Ramblers is a group of people who take a stroll in the great outdoors for 1 hour every 4th Friday of the month. This activity benefits both physical and mental health, something we have all known forever. However, recently it has been "discovered" by some psychologist, and has been rebranded as "forest bathing". I guess people will pay for that, and now it is the latest thing.

We meet at 8.45 and commence walking at 9.00. After our workout we head for the nearest coffee shop for refreshments and a chat.

The **Recreational Ramblers** meet on the 4th Friday of each month, place and time to be advised in the preceding weeks.

If you wish to join the group please contact

Pat: 9390 6640 / 0422 020 044



Ramblers 6th Walk



U3A Ramblers 6th walk was at the corner of Churchman Brook Road and Canns Road. We were here last year to see the blue smokebush which had just started flowering along with several types of wattle. These were what we had come to see (apparently there are 200 species in the jarrah forests alone). Hibbertia and donkey orchids were still flowering along with Drummond's wattle, Prickly Moses and the photo is of the one I can't find the name of! Finally, it was back to Armadale for refuelling at the Organic Circle Cafe.



Ramblers 7th Walk



U3A Ramblers 7th walk was off Canning Mills Rd. Roleystone. Eight walkers set off in sunshine to see an abundance of wildflowers, but it was

somewhat disappointing as the Yellow Iris were not out and the Pimelea and Buttercups were only in bud. I blame the cold weather! We did find two orchids, a purple enamel and a silky blue (photo), along with Catkin Grevillia, Swan River Myrtle, Coral Vine and Hardenbergia and Old Man's Beard festooning the grass trees.

There was enough to see to make us half an hour late for morning tea at The Shed.

Thank you all for joining me on my rambles.

Cheers Pat.



Ramblers 8th Walk



U3A Ramblers 8th walk was in the Canning River Regional Park off Kenwick Link.

Although showers had been forecast, 13 walkers set off in sunshine to walk along the track overlooking the Canning River. The revegetation areas looked very green and healthy, but the right hand side of the track looked a bit bleak due to weed spraying.

A blue flower was spotted and out came the phones for the "What flower is that" App and was correctly identified as a Morning Iris, "Orthrosanthus multiflorus"

This is much more upright and a darker blue than the Morning Iris we see in the higher ground, and

Purple Flags were flowering in the wet areas.

The swamp board walk has been put off limits which was a shame, but Roy and Geoff extracting old underpants from the bush for the rubbish collection, was nearly as good.

Morning snacks were enjoyed at the Pinjarra Bakery on the way home, concluding a pleasant morning walk.

Cheers Pat

Thank you for joining me.



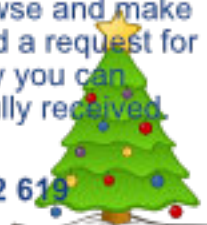
Books, Jigsaws, D.V.Ds



Members, please remember to visit our library which contains a range of books: fiction and non-fiction, DVDs, listening story tapes, and jigsaws.

These are for your use, to borrow and return. You don't have to sign in, so please browse and make use of this opportunity. We have had a request for large print books, so if you have any you can donate to assist, they will be gratefully received.

Contact: **Jenny Wardlow: 0414 652 619**



Speakers 4th Quarter 2025

Graham Castledine & Jeremy Birds Bring a Family Together

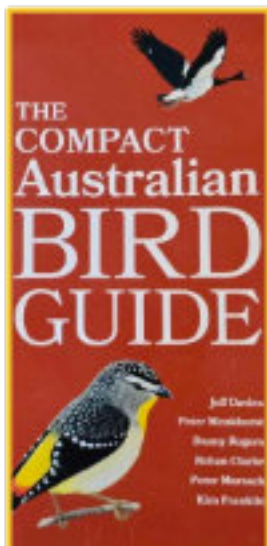


Members had great value today with not one, not two, but three guest speakers! Today's subject was "Birds Bring a Family Together" in which Graham, Mike and Jeremy took turns in explaining the delights of being interested in bird watching. Each of them gave a very entertaining insight to the recognition of types of birds, citizen research and the friendships that bird watching and recording can bring. An unusual subject, but it had everyone listening intently. Many thanks guys!



BIRD IS THE WORD
GRAHAM CASTLEDINE
WITH SPECIAL GUESTS
JEREMY & MIKE BEERKENS

Explore Hotspots
Discover the best places to find birds in
around the world.
Bar Charts
→ ebird.org/explore
or eBird app on your phone



Tony Fareso The Royal Australian Navy as a Photographer



Today one of our own members gave a very entertaining and informative talk entitled "My life as a Naval Photographer".

From the age of 5, Tony was enthralled by cameras and photography, and by the age of 15 had joined the Royal Australian Navy as a boy sailor. Of all the specialties that were on offer to him Tony strove to be one of the small and elite photographers (only 25) in the Navy, during his service in the 1970s and 1980s. Besides photography, in his career he also became a Marksman, Clearance Diver and Coxswain.

Photography gave Tony the opportunity to photograph the Royal Family, create a diary of the aftermath of Cyclone Tracy, and provide evidence of illegal fishing. Some of his photographs may be seen in the Darwin and Perth Maritime Museums.

An excellent talk Tony, now start planning for the photography course for U3A!



Toni Buti Akira



This morning the Hon. Dr Tony Buti MLA, Western Australia's Attorney General; Minister for Commerce; Tertiary and International Education and Multicultural Interests, gave us a heart felt talk, the subject being the book he has written about his daughter, Akira.

Toni's talk was not just about the problems of having a child with cri du cha syndrome, but the joy of a family striving together to achieve the best for their first born, despite the prejudices and lack of empathy and acceptability for a less known disability.

A very moving and well delivered talk, which had the audience fully engaged throughout.

Thank you Toni.



Anne Chapple "ANZAC" House



Today's speaker was Anne Chapple, who has a life-long fascination with history and heritage, and enhanced her interest with the incorporation of history studies in her Bachelor of Education degree.

In her working life, she has worked for the Education Department of Western Australia, Museums Australia WA, the State Library of Western Australia Foundation. She has also been involved in various short term projects with heritage organisations such as the Bunbury Timber Jetty Association, the Collie Historical Society, and the Yarloop Workshops Committee.

Anne has a strong involvement with historic ANZAC Cottage in Mt Hawthorn, and has won several awards for her writing on the history of the Cottage, as well as undertaking many presentations on this topic at conferences and historical groups.

The origin of ANZAC Cottage is an inspirational story of how community spirit and vision can achieve something quite remarkable. The Cottage, now a National Trust property, has had a varied subsequent history since its construction in February 1916, and its story was told from the point of view of the family that lived in the cottage for nearly three decades. Wonderful talk.



Melbourne Cup Day!



Melbourne Cup Day was a little more subdued than previous years, with some 35 members attending to celebrate the famous race.

I hope all those attending enjoyed the event, as there was an abundance of food, the makings of a Mimosa or two and the usual tea and coffee. I'm sure no-one left hungry.

The sweep ran smoothly, except information on the last place horse was elusive, so the monies for that were awarded to the fourth place horse (I got my money back). Even the technical side ran without a hitch!

Congratulations to all the race winners, raffle prize winners and quiz winners. A very enjoyable day at the races!



Marilyn Harris

Travelling the Silk Road



Our last presentation for 2025 was given by our own Marilyn Harris, who gave an enthralling description of her recent journey travelling "The Silk Road".

Marilyn presented detailed photographs of her travels along with a descriptive history of this famous trade route through Asia, and the benefits it brought to all those who travelled it. Not least, by providing her with life long memories, and us with a fascinating insight to history. An excellent talk.



A recent visit to U3A by Dr Tony Buti MLA, who gave a talk on his daughter Akira



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**U3A Armadale would like to thank Dr Tony Buti's Office
for their kind support in printing this newsletter.**